



Loudoun County Health Department

*"Working to ensure and improve the health
of the residents of Loudoun County"*



Vol 2 No 3

Summer 2002

Spotlight on Our Staff...

Margie Dalzell

Public Health Nurse

10 Years with the Health Department

Family planning is a critical service provided by the Health Department to help improve and ensure the health of women in our county. Family planning patients are educated on available methods of birth control, including abstinence, and provided with their choice. All family planning patients are also screened for breast and cervical cancer.

I am very proud of the fact that in addition to this service, our Health Department is able to provide breast and cervical cancer screenings to many Loudoun County women beyond their childbearing years through a program I manage.

Our Total Women's Screening Day has provided breast and cervical cancer screenings to hundreds of Loudoun County women.

All women are at risk for breast and cervical cancer. With early detection, these cancers can usually be easily treated.

I encourage anyone interested in our family planning services or our Total Women's Screening Day program to contact us at 703-777-0236.

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Preventing Cervical Cancer – Avoid HPV

Worldwide, cervical cancer is the second or third most common cancer among women (cervical cancer and colorectal cancer are virtually tied for second place after breast cancer). About 400,000 new cases are diagnosed each year.

In Virginia, approximately 300 new cases of cervical cancer are diagnosed each year with about 100 deaths.

All women who have not undergone a hysterectomy are at risk for developing cervical cancer. Infection with the human papillomavirus is the number one risk factor for developing cervical cancer.

Human papillomavirus, or HPV, is the name of a group of viruses that include more than 70 different types. Certain types of HPV cause warts on the hands and feet, while others can cause genital warts. Additional types can cause changes to the cervix that may turn into cancer without early diagnosis and treatment.

HPV strains that cause genital warts and cancer are transmitted through sexual contact. **Studies have confirmed that the human papillomavirus is the primary cause of cervical cancer and is present in almost all cases of cervical cancer.**

Approximately 30 HPV strains are spread through skin-to-skin contact, not just through contact of bodily fluids. Therefore, while helpful, genital HPV can be spread even when condoms are used.

Since men may not know they are infected and there is no cure for HPV infection, **the best way to remain safe is to avoid infection by limiting the number of sexual partners and through yearly Pap smears** to detect infection and early changes to the cervix, if present.

Swimming Safely This Summer

It is hot outside and the only thing you want to do is jump into the pool. There is nothing like a swim to cool you down and float your troubles away. In Loudoun County we have over 120 public or semi-public pools to cool your jets.

According to a report released by the U.S. Centers for Disease Control and Prevention (CDC) in 2001, the number of people who contracted illnesses from swimming pools rose dramatically over the last decade, making more than 15,000 people ill over the past ten years.

CDC researchers found that the disease causing bugs most likely to contaminate pools, such as *Giardia* and *E. coli*, are effectively killed by chlorine in the pool.

In addition to appropriate chlorination, the CDC recommends the following health behaviors to promote Healthy Swimming:

- **Don't swim when you have diarrhea...**this is especially important for kids in diapers. You can spread the germs into the water and make other people sick.
- **Don't swallow the pool water.** In fact, try your best to avoid even having water get in your mouth.
- **Wash your hands with soap and water after using the toilet or after changing diapers.** You can protect others by being aware that germs on your body end up in the water.
- **Take your kids on bathroom breaks often.** Waiting to hear "I have to go" may mean that it's too late.
- **Change diapers in a bathroom and not at poolside.** Germs can spread to surfaces and objects in and around the pool and spread illness.
- **Wash your child thoroughly (especially the rear end) with soap and water before swimming.** We all have invisible amounts of fecal matter on our bottoms that may end up in the pool.

Frequently Asked Questions of the Loudoun County Swimming Pool Program

Do I need a permit to operate my swimming pool or spa?

All public swimming pools or spas are required to have a permit to operate issued by the Loudoun County Health Department. Private pools and spas are those that are intended for non-commercial use. Private pools do not require a permit to operate from our Department.

Does the Health Department need to be contacted before constructing, remodeling, or altering a public swimming pool or spa?

Yes. You must contact us before constructing, remodeling or altering any public swimming pool or spa. Please call 703-777-0234 for details.

How do you sanitize the pool after a baby has had a fecal (stool) accident in the pool?

The pool or spa must be cleared of all pool users and closed for at least one turnover time. While the pool is closed, capture fecal material in a container for disposal, raise the chlorine residual to 2.0 parts per million (PPM), overflow the pool, and backwash the filter after one hour.

What if I think I got sick from swimming in a pool?

Call the Health Department at 703-777- 0234 to file a complaint. You should call as soon as possible in order for our Environmental Health Specialist to complete a thorough investigation. Be sure you have the pool complex's name and a street address before calling. Consult with your doctor if your symptoms are severe and/or you want a definitive diagnosis.

How do I file a complaint about a swimming pool with the Health Department?

Complaints may be received by phone, mail, or in person. All complaints are handled in strict confidence for your protection. Please be prepared to give us the specific nature of the complaint, where and when it occurred (e.g., name and address of swimming pool), and who was involved. You can leave your name and phone number to provide you with a response and in case additional information is needed to properly investigate the complaint.

Treating Your Health As Well As Your Car's

An article in this June's Men's Health this month says, "Guys get a lot of flack for taking better care of their cars than their bodies." This may be one reason why men visit their doctors much less frequently than do women but die at a younger age.

According to statistics from the Centers for Disease Control the leading causes of death in men are heart disease and cancer. These two main causes account for over 54% of deaths in males. Many of these illnesses can be detected at a stage where they can be easily treated with regular checkups.

Health and Wellness – Things Men Should Do To Stay Healthy

1. Eat a Nutritious Diet

2. Maintain a Healthy Body Weight

Obesity is at an all time high in the US. It increases your risk for many chronic diseases, including heart disease, cancer and diabetes.

3. Get Regular Exercise

It doesn't take a lot of time or money, but it does take commitment. Health is not merely the absence of disease; it's a lifestyle. Start slowly, work up to a satisfactory level and don't overdo it. You can develop one routine or you can do something different every day. The goal of exercise is to be healthy, fit, and in shape! Find fun, interesting, and satisfying ways to stay in shape, to feel good, and to be healthy.

4. Be Smoke Free

You know that smoking causes cancer. You know that smoking is addictive. For more information, go to <http://www.quitnet.org>

5. Get Routine Screenings

To be safe and healthy means you must actively participate in the prevention of disease and, at the very least, get appropriate screenings, early diagnosis, and treatment.

Regular exams and screenings can help save lives against: Prostrate, Colorectal and Skin Cancer; Heart Disease; Diabetes; and Liver and Kidney Failure.

Here is a list of important screenings for all men:

Physical exam: Should include checks of heart and lung function and blood pressure, measurements of height and weight, reflex and strength tests, and checks of the testicles and penis, every year.



Lab tests (with physical): May include blood and urine analysis of glucose, to assess thyroid, kidney and liver function, and to check for infection. Cholesterol should be checked at least every five years.

Skin exam (with physical): For cancer screening, every three years until the age of forty. After age 40 a skin exam is recommended every year.

Dental exam: Twice a year.

Tetanus booster shot: Every ten years.

Eye exam: Complete exam once between ages 20 and 39 (more often if you have diabetes or a family history of glaucoma or other eye diseases), every 2 to 4 years until age 50, then every two years.

Fecal occult blood test and DRE (digital rectal exam): For colorectal cancer, every year after age 40.

PSA (prostate specific antigen) test: For prostate cancer, every one to 3 years, or depending on family history and other risk factors after age 40.

Sigmoidoscopy or colonoscopy: For colorectal cancer, every 3 to 5 years after age 50.

Influenza vaccine: Every year, starting at age 50.

Pneumococcal vaccine: Once, at age 65 or older.

Additional tests or increased screening frequency may be needed for those at higher risk of disease.

Resources: <http://www.nutrition.gov>
<http://www.usda.gov/cnpp>
<http://www.deliciousdecisions.org>
<http://www.cdc.gov/health/mensmenu.htm>

Services Offered by the Loudoun County Health Dept. Clinic

The Health Department offers a variety of services to residents of Loudoun County.

To prevent the spread of disease in our community, we offer required childhood immunizations and evaluations for sexually transmitted diseases to all our residents at no cost.

To meet the basic health care needs of those who cannot afford to see a doctor, we offer nutrition, maternity, dental, and well baby services to our poorer residents.

We also provide family planning care, pre-school physicals, and travel and adult immunizations to all residents to help meet the community's need.

Health Department Information

Loudoun County Health Department (703) 777-0234

David Goodfriend, MD, MPH, Director

e-mail: dgoodfri@loudoun.gov

Environmental Health Division (703) 777-0234

1 Harrison Street, SE, Leesburg 20177

Health Clinic (703) 777-0236

102 Heritage Way, Leesburg 20176

To find out more about the services provided by the Loudoun County Health Department, please visit our web site on the internet at:

<http://www.loudoun.gov/depts/health.htm>

Health Department Clinic Services Offered to Loudoun County Residents

| Service | Service Provided to All Our Residents or to Just Those at or Below Poverty? | Appointment or Walk in | Cost |
|--|---|------------------------|---------------|
| Required Childhood Immunizations | To All Our Residents | Walk-in | Usually Free |
| Adult Immunizations | To All Our Residents | Walk-in | Flat Fee |
| Travel Immunizations | To All Our Residents | Appointment | Flat Fee |
| Family Planning | To All Our Residents | Appointment | Sliding Scale |
| Maternity Care | Just Those at or Below Poverty Level | Appointment | Sliding Scale |
| Well Baby Care | Just Those at or Below Poverty Level | Appointment | Sliding Scale |
| Dental Care | Just Those at or Below Poverty Level | Appointment | Sliding Scale |
| Evaluation of Possible Sexually Transmitted Diseases | To All Our Residents | Walk-in | Free |
| Pre-School Physical Exams | To All Our Residents | Appointment | Flat Fee |
| Nutrition (WIC) Services | Just Those at or Below Poverty | Appointment | Free |

Patients receiving services provided on a **Sliding Scale** basis are charged based on their ability to pay.

Patients receiving services provided on a **Flat Fee** basis are charged the same regardless of their household income.

Loudoun County Health Department

1 Harrison Street, SE, Second Floor

Leesburg, VA 20177

ADDRESS CORRECTION REQUESTED